

## ABSTRACT

An absorbent composition including a water-swellaable, water-insoluble absorbent material and a cooling compound, wherein the cooling compound has an endothermic effect, wherein the absorbent composition exhibits an absorbent capacity of at least 10 grams of 0.9 wt% NaCl saline per gram of the absorbent composition and a cooling effect of at least a 2°C reduction in temperature of at least a portion of the absorbent composition. Also, a disposable absorbent product including a liquid-permeable topsheet, a liquid-impermeable backsheet attached to the topsheet, and an absorbent composition positioned between the topsheet and the backsheet, wherein the absorbent composition includes a water-swellaable, water-insoluble absorbent material; and a cooling compound, wherein the cooling compound has an endothermic effect, wherein the absorbent composition exhibits an absorbent capacity of at least 10 grams of 0.9 wt% NaCl saline per gram of the absorbent composition and a cooling effect of at least a 2°C reduction in temperature of at least a portion of the absorbent composition.